



Nutrition Security  
Embracing solutions that nourish the nation

# Opportunities, Challenges and Emerging Approaches to Reduce Diet-related Disparities and Accelerate Equity in Nutrition Security

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# Overview

- Definition and Terms
- Racial/Ethnic and Socioeconomic Disparities in Diet in the United States.
- Prioritizing Nutrition Security to Achieve Health Equity and Promote Food Justice
- Potential Challenges/Considerations/Recommendations.



# Definition: Food Insecurity and Nutrition Security



- **Food insecurity**-a household-level economic and social condition of limited or uncertain access to adequate **food**.
- **Food security**-means access by all people at all times to enough food for an active, healthy life. (USDA, 2020)



Source: Adapted from the USDA Economic Research Service.

“Nutrition security means *all* Americans have consistent access to the safe, healthy, affordable foods essential to optimal health and well-being. Nutrition security builds on food security by focusing on how the quality of our diets can help reduce diet-related diseases. It also emphasizes equity and tackling long-standing health disparities.”  
USDA, 2022

# Study Examples: Food Insecurity: Multi-Dimensional Concept



## Physiological

- Adjustments to normal food use
- Reduced food intake
- Physical sensation of hunger
- Weight loss/Weight gain
- Nutritionally inadequate

## Psychological

- Food Anxiety
- Feelings of deprivation or lack of choice
- Perceptions that food is inadequate in quality or quantity
- Experience of running out of food without money to buy more

## Social

- Deviation from social norms
- Social exclusion
- Powerlessness, guilt, and shame

## Managed Process

- Engaging in strategies to obtain food or money for food in the context of severe resource constraints
  - the use of food assistance programs,
  - delayed bill payments
  - sending children to a friend's or relative's home for meals
  - selling or pawning possessions



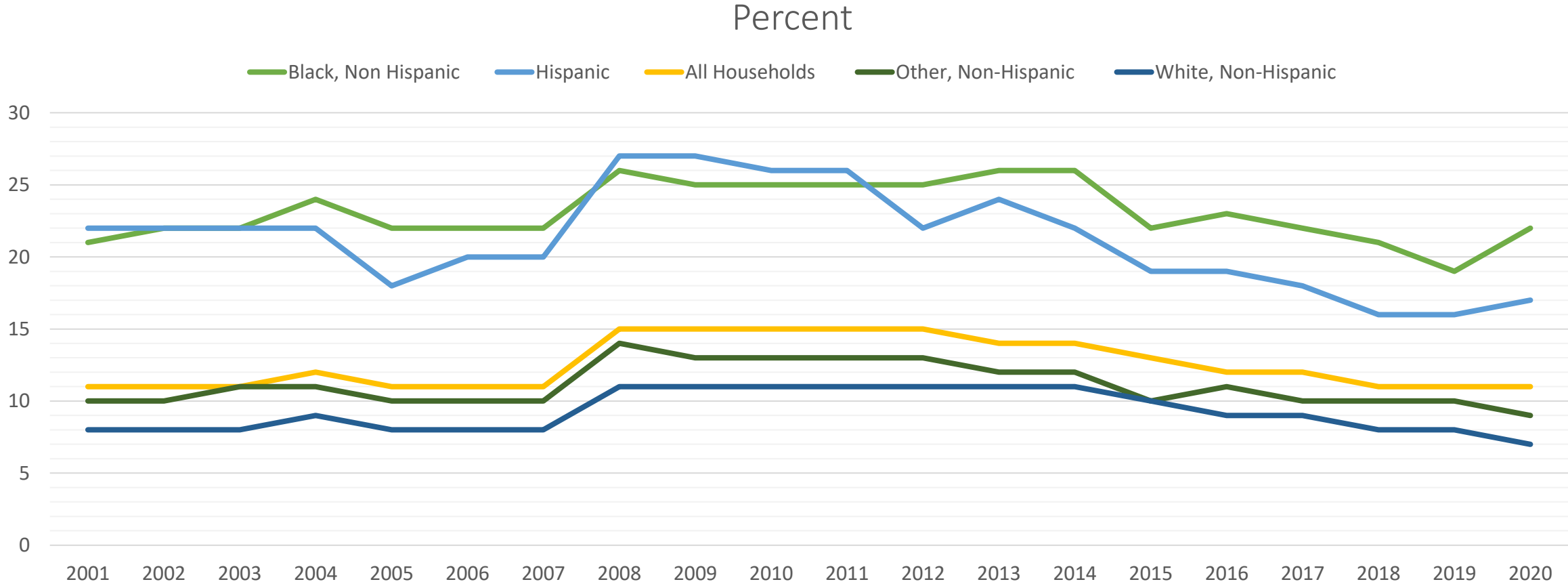
# Why? Disparities by Race, Income, and ....



- Poor nutrient/food group intakes and overall dietary quality in Blacks and Indigenous populations compared to Whites, Asian, and in many studies, Hispanic populations.
- Blacks and Indigenous populations have a higher burden of diet-related chronic disease.
- Black, Indigenous, and Hispanic populations have higher rates of food insecurity.
- Black and Indigenous communities have lower availability of healthy food options and higher availability of food outlets associated unhealthy food options.
- More than race and income: Disability Status, Gender, Gender Identity, LGBTQ+ and the intersection of social identities



# Example: Trends in US Food Insecurity by Race/Ethnicity 2001-20



Source: Calculated by USDA, Economic Research Service, using Current Population Survey Food Security Supplement data.  
<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/>

# Considerations for Applying an Equity and Justice Lens to Food and Nutrition Security

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1. Consider individuals that are marginally food insecure, nutrition insecure.
2. Think beyond proximal determinants to focus on root causes including structural oppression
3. Acknowledge and avoid more structural and cultural violence: recognition is required for reconciliation.
4. Avoid a reductionist approach.
5. Embrace the principles of targeted universalism
6. Start at the beginning with first food equity

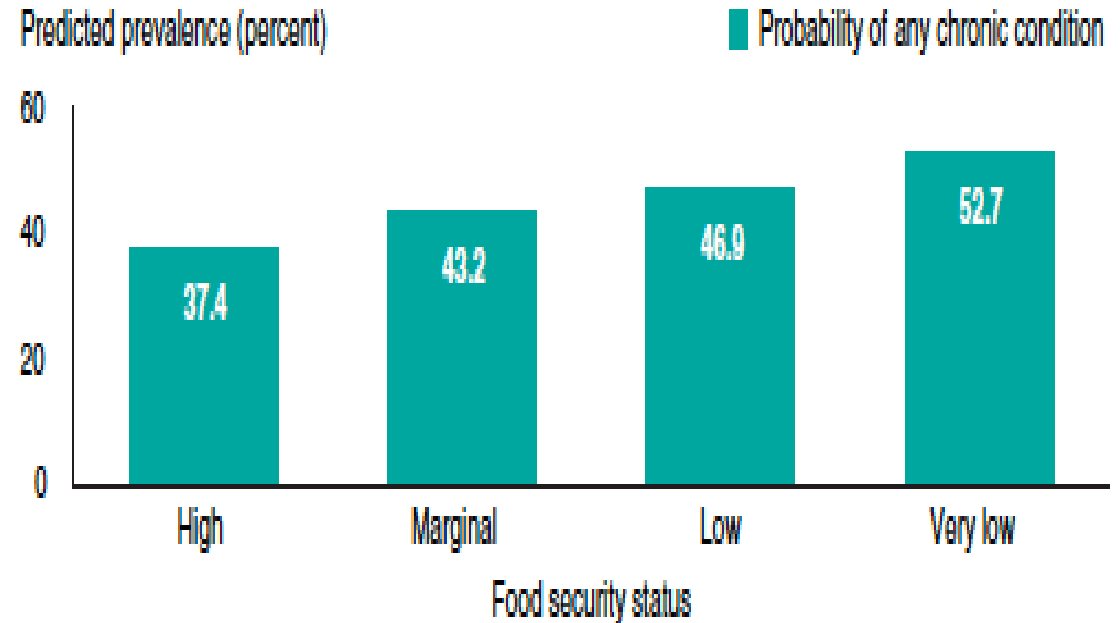


# 1. Consider individuals who are marginally food insecure, nutrition insecure



- Gregory and Coleman-Jensen, 2017
  - Adults in households with lower food security status have elevated probabilities of chronic disease.
  - Studies also show poor mental and physical health outcomes for mothers and children that are marginally food insecure (Cook et al., 2013; Gundersen, 2015).
  - Studies suggest that fruit and vegetable prescription programs may have a stronger impact on the diets of individuals that are marginally food insecure.

Adults in households with more severe food insecurity are more likely to have a chronic illness



Source: USDA, Economic Research Service calculations using National Health Interview Survey data 2011-2015.



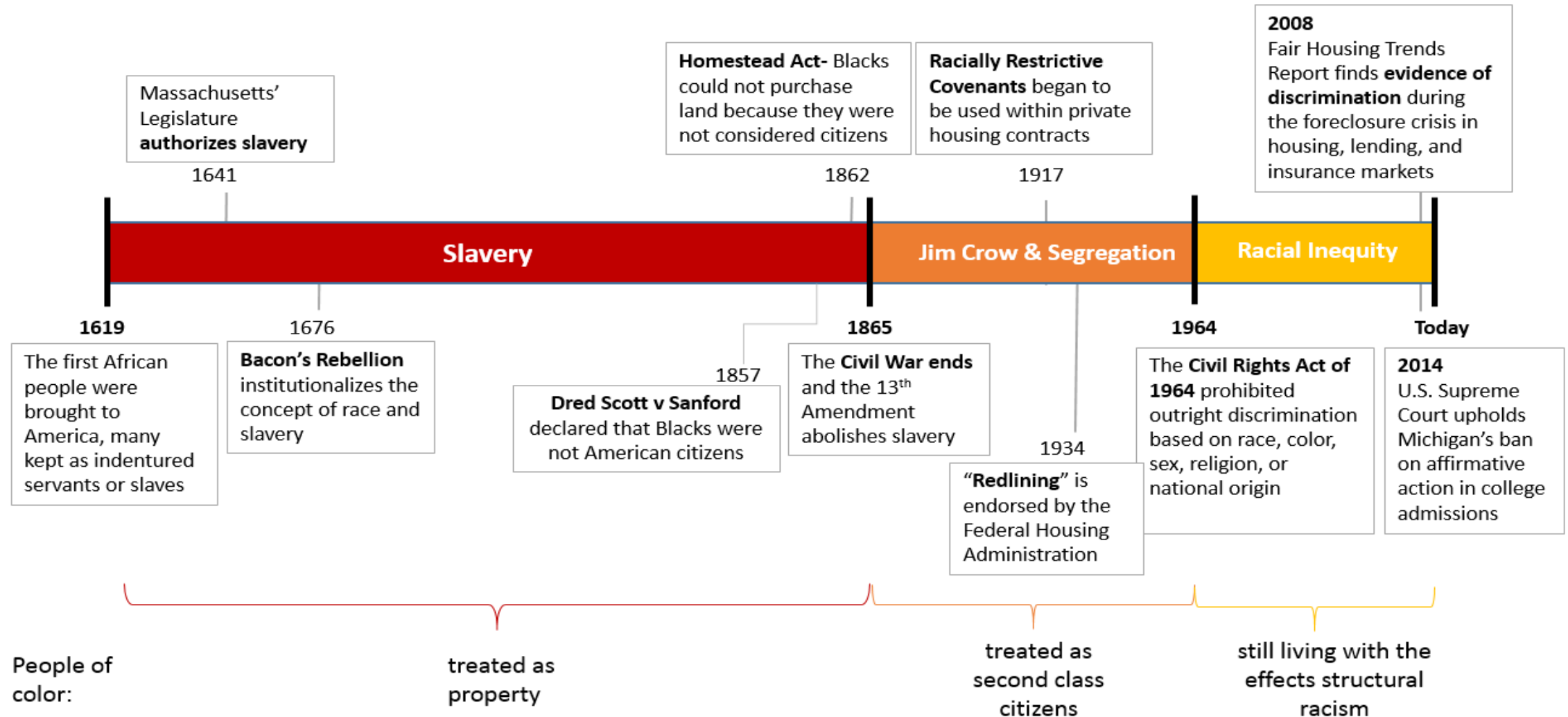
# 3. Acknowledge and avoid more structural and cultural violence: recognition is required for reconciliation



- Dietary practices/Food Consumption Behaviors happen in bodies that have been impacted by racism and trauma.
- The historical, social, physical, and marketing contexts in which people access/acquire food and the economic costs associated with that acquisition
- Individual and community capacity and economic, and social resources available including money, education, knowledge, and skills
  - Food identity, culture, and culinary/agricultural traditions that impact food production, preservation, preparation, and presentation

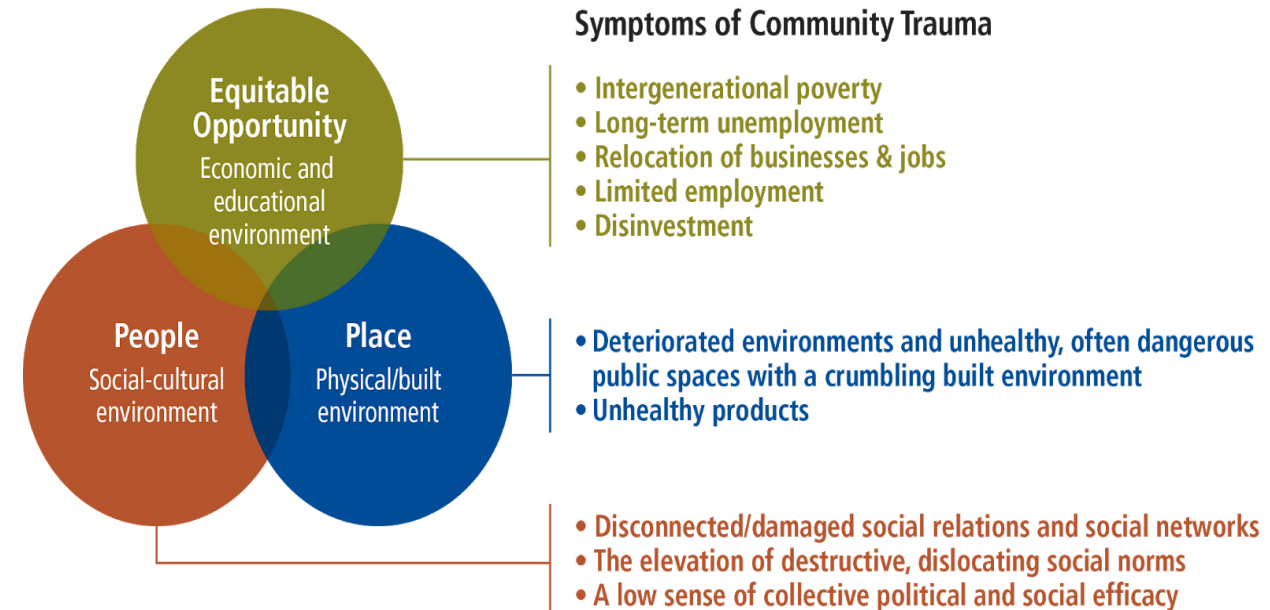
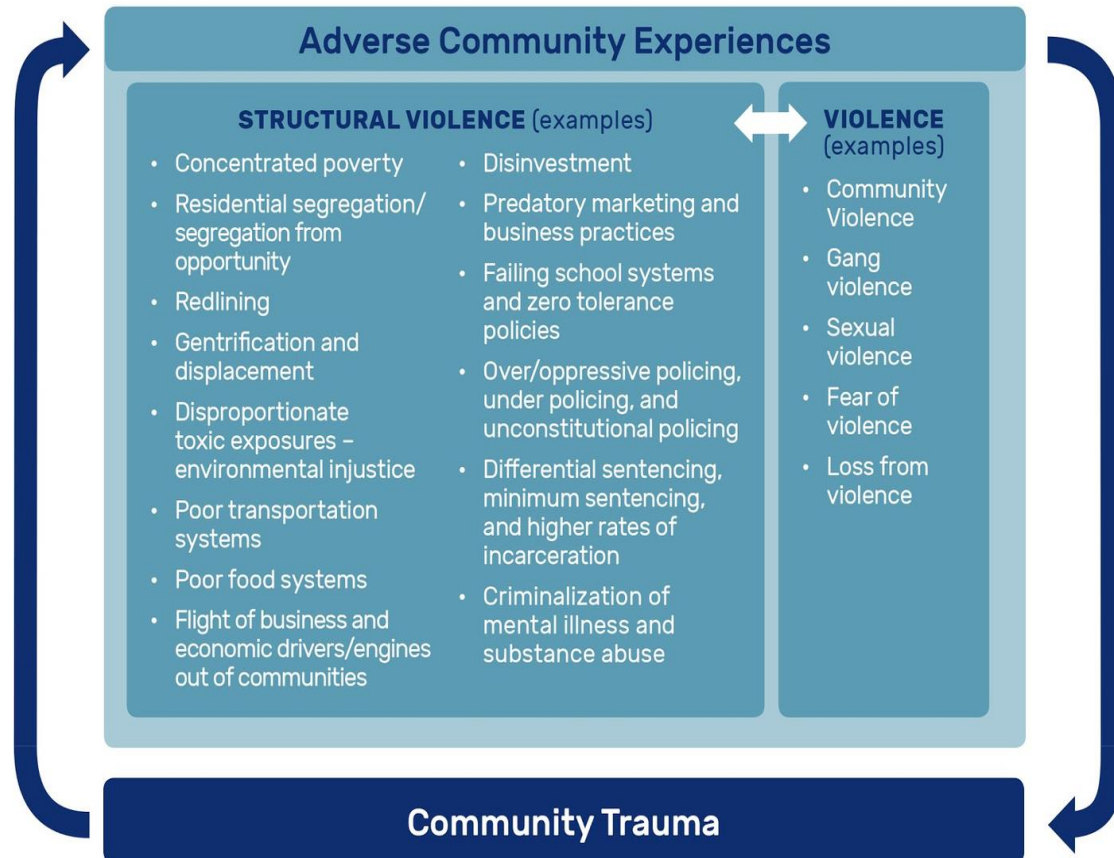


## 2. Think beyond proximal determinants to focus on root causes including structural oppression



# 3. Acknowledge and avoid more structural and cultural violence: recognition is required for reconciliation

## Adverse Community Experiences and Community Trauma: Mutually Reinforcing

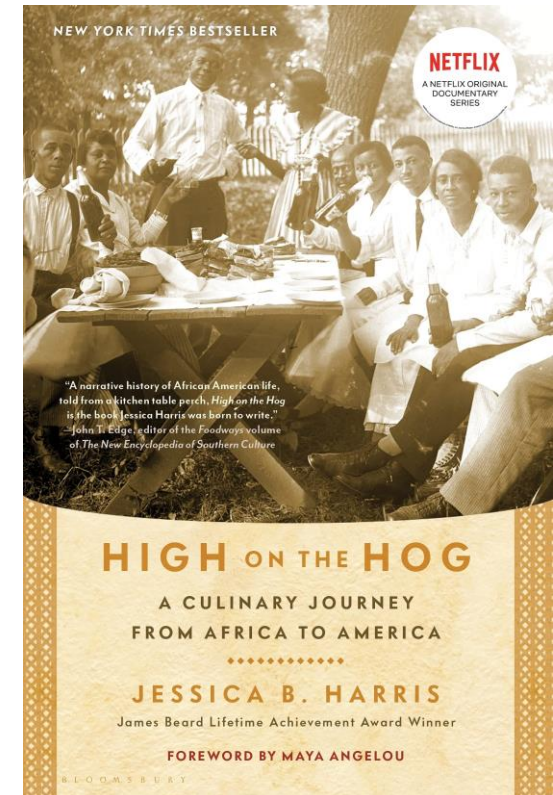
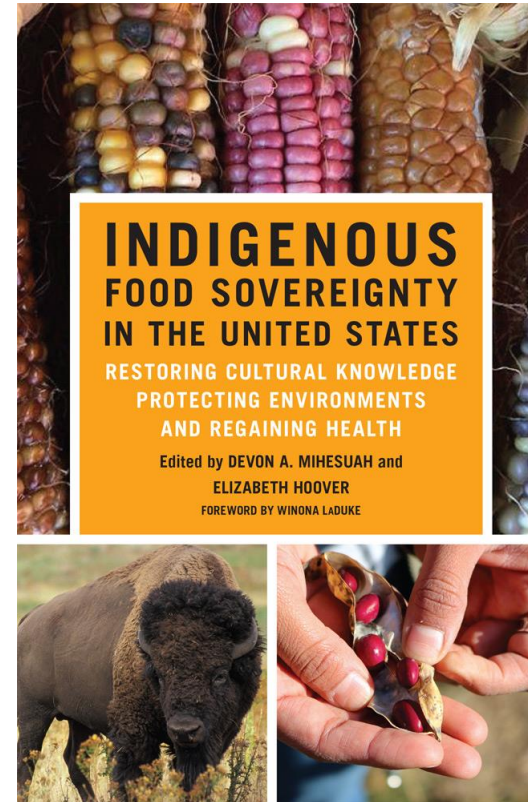


Adverse Community Experiences and Resilience Framework are drawn from [Tool for Health and Resilience in Vulnerable Environments](#) (THRIVE), a framework developed for the U.S. Office of Minority Health by Prevention Institute to identify factors in the social-cultural, physical/built, and economic environments that contribute to health, safety, and well-being. Source: *Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma*



# 3. Acknowledge and avoid more structural and cultural violence: recognition is required for reconciliation

- Acknowledge the source of the problem will lead to asset-based, culturally/community embedded solutions
  - Colonization disrupted traditional food systems
  - Land dispossession
  - Structurally violence policies
  - Acknowledge the impact of years of oppression and intergenerational trauma.
  - Industrial food system and ethnically targeted food marketing
  - Think chances not choices to not further marginalize and disempower communities
  - Examine history BIPOC traditions and culture



# 4. Avoid a Reductionist Approach



## Insecurity

1. uncertainty or anxiety about oneself; lack of confidence.
2. the state of being open to danger or threat; lack of protection.

## Nutrition

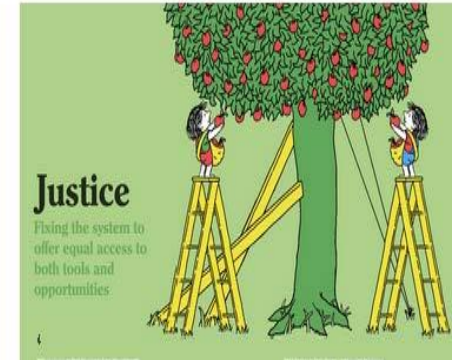
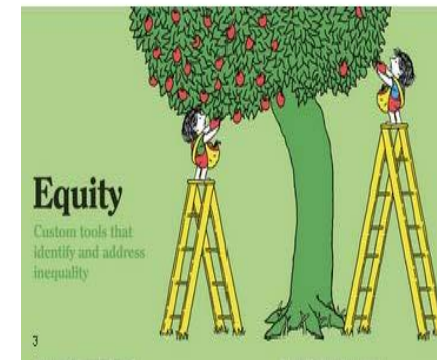
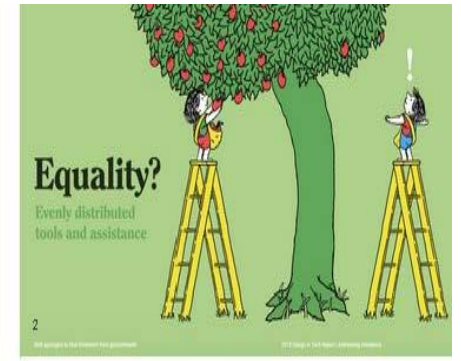
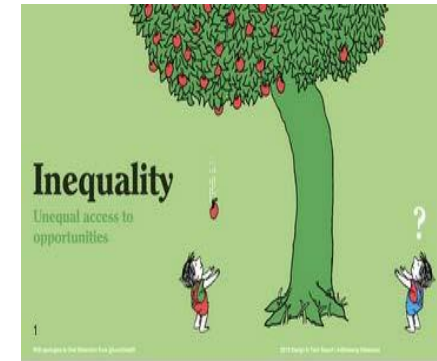
1. the process of providing or obtaining the food necessary for health and growth.
2. food or nourishment.





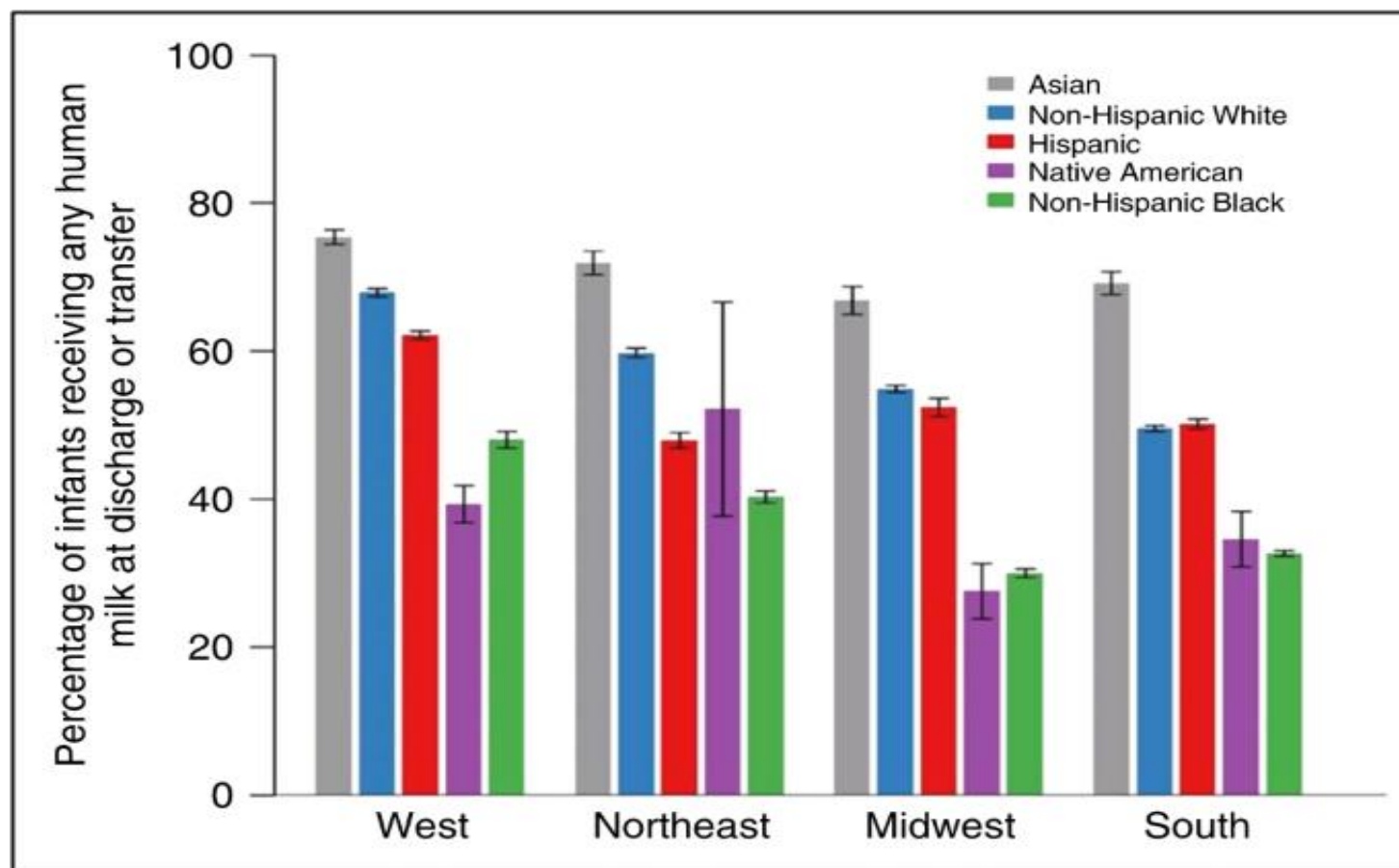
# 5. Targeted Universalism

- Developed by John Powell, Director of the Haas Institute for a Fair and Inclusive Society and Professor of Law, African American, and Ethnic Studies at the University of California, Berkeley
- Targeted Universalism
  - a middle ground between universal policies that treat everyone equally and targeted policies that often exclude many
  - creates a universal goal and targets strategies based on where and how people are situated.
  - This approach supports the needs of the particular while reminding us that we are all part of the same social fabric
  - Universal, yet captures how people are differently situated
  - Inclusive, yet targets those who are most marginalized



Examples: Seattle's city-wide plan to create walkable communities with accessible sidewalks.

## 6. Consider First Food Equity







Thank you!